

2022-2023 Fall & Winter Senior Road Map

The approach to what you do results in what you get.

	19-Sep	26-Sep	3-Oct	10-Oct	17-Oct	24-Oct	31-Oct	7-Nov	14-Nov	21-Nov	28-Nov	5-Dec	12-Dec	19-Dec	26-Dec	2-Jan	9-Jan	16-Jan	23-Jan	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr			
Monday																														Y-Nats		
Tuesday																															Y-Nats	
Wednesday												Jrs																			Y-Nats	
Thursday												Jrs																			Y-Nats	
Friday				OZ					HPAC		Y-Finalist	Jrs									A+		Reg	Senior	11-14		Y-State			Y-Nats		
Saturday				OZ					HPAC		Y-Finalist	Jrs					SEA				A+		Reg	Senior	11-14	Y-Sect	Y-State					
Sunday				OZ			SEA	SSTY	HPAC		Y-Finalist						SEA		Con	A+	Con	Reg	Senior	11-14	Y-Sect	Y-State						
Mon Drill						vt			fr		ba	br					ba			bf		ms	ms	ms	ms	ms	ms	ms	ms			
Tue Drill					bf	vt	ba	br	bf	bf	br	fr	fr				bf	br	br	fr	ba	ba	ms	ms	ms	ms	ms	ms	ms	ms		
Wed Drill					ba	vt	br	fr	ba	ba	fr	bf	bf				ba	fr	fr	bf	br	br	ms	ms	ms	ms	ms	ms	ms	ms		
Thur Drill					br	vt	fr	bf	br	br	bf	ba	ba				br	bf	bf	ba	fr	fr	ms	ms	ms	ms	ms	ms	ms	ms		
Fri Drill					fr	vt	bf	ba	ms	fr	ms	ms	br				fr		ba	br		bf										
Sat Drill					ms	ms	ms	ms	np	ms	np	np	ms				ms	np	ms	ms	np	ms	np	np	np	np	np	np	ms	ms		
LTS as 8x25 fr & 8x25 st on Thursdays					8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	6	4	2		
T30 (during the week)								x										x							x							
10x100 or 75 fr on 1:30 holding best average					Tue 10			Tue 10		Tue 10		Tue 8		Tue 8		Tue 8				Tue 6		Tue 6		Tue 4		Tue 4		Tue 2				
10x100 or 75 st on 1:45 holding best average							Tue 10		Tue 10		Tue 10		Tue 8		Tue 8		Tue 8			Tue 6		Tue 6		Tue 6		Tue 4		Tue 4		Tue 2		